

## CHAMPVA POLICY MANUAL

**CHAPTER:** 2  
**SECTION:** 35.3  
**TITLE:** PREMENSTRUAL SYNDROME

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**AUTHORITY:** 38 USC 1713; 38 CFR 17.270(a) and 17.272(a)

**RELATED AUTHORITY:** 32 CFR 199.4(g)(15)

**TRICARE POLICY MANUAL:** Chapter 1, Section 26.3

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### I. EFFECTIVE DATE

February 26, 1986

### II. DESCRIPTION

Premenstrual Syndrome (PMS) is a constellation of symptoms that encompass emotional, behavioral and physical manifestations. The symptoms occur cyclically immediately before menstruation begins and regress or disappear during menses. The symptoms most frequently associated with PMS are abdominal bloating, edema of the extremities, fullness and tenderness of the breasts, and mood changes. Treatment encompasses a variety of modalities which include somatic and psychological entities. These treatments include but are not limited to vitamin B6, progesterone, bromocriptine, and pyridoxine.

### III. POLICY

CHAMPVA benefits are not available for treatment of the premenstrual syndrome as a defined entity. There are no generally accepted standards for treatment of the syndrome as a defined entity and the treatment approaches have not consistently been shown to be efficacious.

### IV. POLICY CONSIDERATIONS

Benefits for otherwise covered, separately diagnosed conditions (e.g., severe depression) should not be denied solely on the basis that they are described as PMS related and can be cost-shared when medically necessary and appropriate treatment is rendered.

**\*END OF POLICY\***